

## If you are a skillful person ...

All teachings that the Buddha illustrated focus on developing our skills in the maximum level. The purpose of Buddhist view is not to worry or suffer in any kind of issues in our life. Buddhism always guides us to develop mindfulness and wisdom in the name of real happiness and liberation from all defilements.

The Buddha says clearly at the very beginning in the discourse of *Metta*, as a person who wishes to calm, quiet and peaceful life has to cultivate skillfulness or proficiency (*Sakkho*). Our skillfulness or proficiency depends on how much we are clever not to worry in unpleasant situations and not to get attached in desires. For this ability, we have to see the reality as it is. The experience that we receive through our senses arises and ceases at the same moment. Nothing comes to the present from the past and, nothing goes to the future from the present. This is the special teaching that Buddhism teaches us as impermanence in the concept of dependent origination. If we can understand and keep our mindfulness according to this knowledge, we can overcome all kinds of sufferings. Here, first we have to develop our knowledge, secondly, according to knowledge, we have to reflect on it, and finally, we have to apply it in our life practicing tranquility and insight meditation.

As the result of listening to the Buddha's message, if somebody knows the cause of suffering as desire which arises because of ignorance, he further doesn't like to suffer and, he tries to get rid of suffering as much as he can. Then he encounters a path that leads to overcome suffering. That is the Eight Fold Path.

1. Right Understanding (*Samma ditti*)
2. Right Thoughts (*Samma sankappa*)
3. Right Speech (*Samma vaca*)
4. Right Action (*Samma Kammanta*)
5. Right Livelihood (*Samma ajiva*)
6. Right Effort (*Samma vayama*)
7. Right Mindfulness (*Samma sati*)
8. Right Concentration (*Samma samadhi*)

When a person practices this path with understanding unsatisfactoriness and, when he sees the result of practicing this path in this life itself, his confidence in the Buddha's enlightenment, the Buddha's message and his noble disciples gradually increases. With seeing results, purifying his mind, being happy he goes on the path of getting rid of suffering towards the final bliss of liberation.

By this moment he has gone some sort of distance in the Buddhist path, and here he likes to see more results. For that he develops his discipline in speech and behavior. Furthermore he develops some qualities which cause him to reduce defilements that disturb his peace of mind. They are;

- i. Practice of vigilance for the purpose of meditation (*Jagariyanuyoga*)
- ii. Discipline of senses / Restraint of senses (*Indriyasamvara*)
- iii. Discipline of speech (*Mitabhani*)
- iv. Discussion about impermanence and the dependent origination (*Dhammasakaccha*)
- v. Desire of solitude (*Viveka*)

According to Buddhism, the period when the Buddha's message happens in the world is the most valuable moment that we have. If somebody knows the value of this chance, he always uses his time in the proper way. Here, he spends his valuable time to practice this message controlling his sleep. He sleeps when only he needs.

With the understanding he controls his senses which are eyes, ear, nose, tongue, body and mind. When objects come to these senses he acts with awareness as defilements can't disturb his peace of mind. Because he practices wise reflection (*Yoniso manasikara*), he spends every moment mindfully reflecting on impermanence what happens to his body and mind.

Further he saves his words when he speaks because of right understanding. It is uncomfortable to speak rubbish because he has right thoughts. His right thoughts don't give him any chance to tell lies, rubbish, malicious and harsh words and, since he doesn't like to disturb his pure mind. And he speaks only important things.

Especially he discusses about the important topics in Buddhism such as impermanence, the dependent origination, selflessness (egolessness), five aggregates, four noble truths in order to rid of unsatisfactoriness. He always cleanses his knowledge by discussing and listening to the sublime truth.

And he spends his leisure time by reflecting and meditating. Therefore he likes more solitude than gathering with others and talking rubbish. Every moment is so important to him when he lives in this world with investigating the triple gem the Buddha, the Dhamma and the Sangha.

By practicing all above good qualities every moment he develops mindfulness and wisdom. And every second he overcomes suffering and reaches to the real happiness. This is the only way that we can become a skillful person according to the Buddha's teachings since we can overcome suffering of old age, sickness and death on this way.

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